

## Lose Weight During Ramadan by Following Easy Food Tips

**Ramadan** provides an occasion to enjoy the pleasure of your most liked food items. Well that comes naturally as after a day of fasting, you have the right to get joy from the foods that you urge for most? However, there is another aspect to this.

Ramadan also presents an ideal opportunity to make a healthy beginning by following a more disciplined eating routine; infact a routine that your body has been yearning for. Without doubt it is an ideal time to [lose weight](#). All you have to do is to follow six useful tips, which will help you to achieve the weight goals.

The Ramadan hours stretch over almost 17 to 18 and these are long indeed. So the aim has to be hydration and mind your hydration is the success key to [weight loss](#). There has to be sufficient intake of fluids and this prevents dehydration during the fasting hours. In addition, the craving and urge for sweet stuff is adequately curbed after Iftar.

In this connection the advice is to opt for two liters or something equivalent to eight glasses of liquids. And this has to be taken as spelt out below.



- Two glasses at Sehar (the interval time before you take meal prior to staring the fast)
- Four glasses before the fast time starts
- Two glasses after Iftar

It is advisable to avoid caffeinated drinks such as coffee or black tea. Let their place be taken by herbal teas which are a good alternative to water and quicken your digestion.

During Ramadan, the metabolism definitely slows down and results in decrease of energy. An important factor to remember is that an iftar meal does not in any way represent a moment where the time you spent without food can be made up. An effort has to be made to behave normally, as if you are eating a normal dinner meal and treat the food accordingly.

Dates are a most appropriate item to break your fast. It is dates that inject quick sugar to your body, thus fulfilling a body need. Follow this up with intake of a small portion of soup, such as a vegetable or lentil soup without opting for cream based soups. To complement this take mixed vegetable salad with very little olive oil. And it is essential to skip all other appetizers.

After this intake, go for a break. Avoid filling your appetite and thereby burdening your digestive system. Go through the prayers, take a five-minute walk, or hold a conversation. Thereafter resume your meal, choose a small portion of one main dish avoiding fried stuff.



### **Do not miss out on Sehar**

Sehar Meal has an importance and must not be missed or avoided. If you do not take meal at Sehar you are likely to get hungrier at Iftar and over eat.

At Sehar it is not useful to take salt as it will make you more thirsty during the day. The advice is to take whole grain bread, instead of white refined bread with cheese or eggs. This will be a source of glucose in the blood.

### **Maintain activity**

Do not use fasting as an excuse to sleep all day or look lazy. It is good to avoid the sun but otherwise the daily activity must continue. Once you breakfast, do not forget to exercise for at least 30 minutes. Sit ups and squats will do a world of good.



### **Avoid processed sugar**

The biggest cause of weight gain during Ramadan is the sweet stuff that is consumed. Beverages and sweets turn out to be harmful. The big challenge is to eat items like fruits and even dried fruits. Also go for small portions of honey and change for the better in terms of body weight and appearance.